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Virginia Cooperative Extension
Knowledge for the Commonwealth

Nutrition and Food Safety Resources

Below is a selected list of Extension nutrition and food safety resources. To access any of these materials call your local Virginia Cooperative Extension Office; usually listed under county offices. Unless noted, one (1) copy is free upon request.

ORDER FORM
(Please Check Your Selections)

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| <p>Infants & Preschoolers</p> <p>_____ Nourishing Children with Books (348-950)</p> <p>_____ Homemade Baby Food (348-012)</p> <p>_____ ABC's of Feeding Preschoolers (348-009)</p> <p>_____ Kids, Food and Money (348-007)</p> <p>_____ Kids, Food and Television (348-008)</p> <p>_____ Developmentally Appropriate Food & Nutrition Skills for Young Children (348-651)</p> <p>_____ Kids Cart Smart Food Choices at Home, Shopping, and Eating Out (348-652)</p> <p>_____ Germ Squirm: Kids and Safe Food Handling (348-653)</p> <p>_____ Health Wealth: Kids, Nutrients, and Health (348-654)</p> <p>_____ Hurts and Hazards: Kids, Kitchen Accidents, and Safety (348-655)</p> <p>_____ Preschoolers' Food Handling Skills—Motor Development (348-011)</p> <p>Youth</p> <p>_____ Color Your Way to 5 Fruits and Vegetables A Day (348-021)</p> <p>_____ Fitting the Food and Nutrition Pieces Together (352-780)</p> <p>_____ Become a "Nutrition Star", Let Fabulous Fiber Star in Your Future (348-052)</p> <p>_____ Protect Your Health (352-789)</p> <p>_____ First Aid and Safety (352-788)</p> <p>_____ A Smile to Keep (352-787)</p> <p>Adults</p> <p>_____ The Food Guide Pyramid and Dietary Guidelines (348-710)</p> <p>_____ Physical Activity...A Healthy Habit for Life! (348-250)</p> <p>_____ Producing Virginia's Small Grains for Human Consumption (424-028)</p> <p>_____ Eating 5 Fruits and Vegetables A Day (348-022)</p> <p>_____ Heart Healthy Eating—Cholesterol, Fat, Fiber, & Sodium (348-898)</p> <p>_____ Know Your Cholesterol Number (348-018)</p> <p>_____ Fat Tracker (348-900)</p> | <p>Food Safety</p> <p>_____ Safe and Nutritious Seafood in Virginia (348-961)</p> <p>_____ Planning for Carried Meals (348-014)</p> <p>_____ Can It Safely (348-078)</p> <p>_____ Cold Pasteurization of Food by Irradiation (458-300)</p> <p>_____ A Consumer Guide to Safe Handling and Preparation of Ground Meat and Ground Poultry (458-016)</p> <p>_____ A Food Service Guide to Safe Handling and Preparation of Ground Meat and Poultry (458-015)</p> <p>_____ A Quick Consumer Guide To Safe Food Handling Labels (348-727)</p> <p>_____ Keeping Food Safe (348-593)</p> <p>_____ Boiling Water Bath Canning (348-594)</p> <p>_____ Pressure Canning (348-595)</p> <p>_____ Freezing Fruits & Vegetables (348-596)</p> <p>_____ Drying Fruits and Vegetables (348-597)</p> <p>_____ Preserving Foods (348-027w) Website Only*</p> <p>_____ Buying Bottled Water (356-486)</p> <p>_____ Emergency Supplies of Water for Drinking and Food Preparation (356-479)</p> <p>_____ Food Storage Guidelines for Consumers (348-960)</p> <p>Food Management</p> <p>_____ Food Cents (348-006)</p> <p>_____ Making Ends Meet: Food & Money (348-051)</p> <p>_____ Starting a Successful Catering Business (354-305)</p> <p>Adults (cont...)</p> <p>_____ Use the New Food Label on Fat & Cholesterol (348-077)</p> <p>_____ Are You Fiber Friendly (348-050)</p> <p>_____ The Diet and Cancer Connection (348-141)</p> <p>_____ Calcium Checklist (348-019)</p> <p>_____ Iron Checklist (348-371)</p> <p>_____ Herbs and Spices (348-907)</p> <p>_____ Use the New Food Label to Shop Smart (348-076)</p> <p>Seniors</p> <p>_____ As We Age: Nutrition for Senior Adults (348-020)</p> <p>_____ As We Age: The Food Guide Pyramid for Senior Adults (348-023)</p> |
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* available at Virginia Cooperative Extension Website: <http://www.ext.vt.edu>

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